



DATA COLLECTION

GROUP 43

RAHUL AJITH - 2021083
MOHAMMAD KAIF 2021067
SHUBHAM SHARMA - 2021099
HARSHIT RAJ - 2021051
DAKSH BHASIN - 2021035

INTERVIEWS

CONSENT FORM

The interviewees signed the following consent form before appearing for the interview.

CONSENT FORM

1. I confirm that the purpose of the study has been explained to me and that I have had the opportunity to ask questions about the research and have had these answered satisfactorily.
2. I understand that my participation is voluntary, and that I am free to withdraw at any time without giving any reason.
3. I am allowing the researcher to audio-video record me as part of the study. The recordings will be transcribed. I understand that anonymized images and quotes may be used in presentations or publications stemming from the research but not in any way that might allow for identification of individual participants.
4. I understand the data will be kept confidential at all times.
5. I understand that if I have any concerns or difficulties, I can contact a member of the project team.
6. I agree to take part in this study.

NAME:

SIGNATURE:

PARTICIPANT LIST

- NAKUL GARG
- PAVIT SINGH
- VICKEY KUMAR
- AALOKIK SINGH
- KOMAL BHASIN

TRANSCRIPTS

QUESTION 1

Good morning and welcome to the interview. The answers you provide will be used to advance the development of the ClusterFit application. Without further ado, can you introduce yourself?

Nakul: My name is Nakul Garg, and I'm 18 years old. I'm currently studying at IIT Hyderabad

Pavit: My name is Pavit Singh. I'm a student of the ECE branch and currently in my first year of BTech.

Vickey My name is Vickey, and I am 19 years old.

Aalokik: I am Aalokik Singh of 1st year B. Tech from CSAM department at IIIT Delhi.

Komal: My name is Mrs. Komal Bhasin and I'm 39 years old.

QUESTION 2 [Gives us insight into the importance of calendar integration]

Do you use an application to plan out your day?

Nakul: Yes, I use Google Calendar.

Pavit: I use Google Calendar.

Vickey: No

Aalokik: Yes, I often use Google Calendar.

Komal: No, I do not use anything to plan out my day

QUESTION 3 [Gives us insight on how dependent the users are on the Calendar]

How exactly does it help you to plan out your day?

Nakul: It helps me keep track of the classes I have throughout the day, and reminds me if I have any events coming up.

Pavit: It reminds me of my classes and any further commitments I might have given to people.

Vickey: -/-

Aalokik: It notifies and alerts me regarding my daily schedule.

Komal: -/-

QUESTION 4

How often do you exercise? [Gives us insight into the user base]

Nakul: I exercise at least four to five times in a week

Pavit: I have recently started exercising daily

Vickey: Mostly on Holidays

Aalokik: I usually exercise three to four days a week.

Komal: A couple of days a week

QUESTION 5 [Gives us insight for the diverse user base]

On the days that you do exercise, how much time do you devote to exercising?

Nakul: I try and hit at least an hour and thirty minutes to two hours while exercising.

Pavit: About 1 hour 45 minutes.

Vickey: Around half to an hour.

Aalokik: I usually spend around an hour to an hour and forty-five minutes in one day while exercising.

Komal: Half an hour

QUESTION 6 [Gives us insight into the competition]

Have you used applications that offer similar things to what ClusterFit is offering?

Nakul: I've used HealthifyMe and Samsung Health before but that does not cover everything you might need from a health tracker because these applications do not provide support for multiple fitness devices.

Pavit: No, I haven't come across an application like this before.

Vickey: I have not seen these features before, so no

Aalokik: I haven't.

Komal: No

QUESTION 7 [Gives us insight what types of activities we can include for ClusterFit]

Do you do basic exercises or are you more invested into playing a certain sport / What kind of fitness activities do you perform?

Nakul: Apart from the gym, I am also an avid swimmer.

Pavit: Depends on the day. On some days I play tennis, and on the others i hit the gym

Vickey: I usually hit the gym

Aalokik: I mostly use the gym for working out

Komal: I exercise at home

QUESTION 8 [Gives us insight into the goal of the user]

Have you managed to reach your fitness goals with the fitness applications you have used before?

Nakul: While I managed to reduce my weight, I never reached my final goal.

Pavit: Sometimes yes, sometimes no. For example, in the past I've tried to lose or gain a certain amount of weight. There have been instances where I have been able to accomplish that.

Vickey: No, never.

Aalokik: To an extent, yes.

Komal: Not yet

QUESTION 9 [Gives us insight into how the users achieve their goals]

In cases where the answer to the above question was yes, what was your major source of motivation to help you achieve that goal?

Nakul: My major source of motivation was definitely health. I want to have a healthy and happy life. So, staying fit helps me do that.

Pavit: You know, just the destination, the final goal of it.

Vickey: -/-

Aalokik: See, my cousin's brother is a major source of motivation for me as he has a very fit and strong personality so I always wanted to be like him.

Komal: -/-

QUESTION 10 [Gives us insight into how the users lost track of their goal]

What do you believe was the biggest hindrance in cases where you weren't able to achieve that goal?

Nakul: -/-

Pavit: -

Vickey: I am unable to manage my time properly as I have a very busy schedule. So, it's hard for me to reach my goal

Aalokik: -/-

Komal: Lack of organisation.

QUESTION 11 [Gives us insight into the problems users face]

Do you ever feel like you have a hard time managing time between your work and physical health?

Nakul: That is always a struggle. College is never easy and finding the two hours of time I use to exercise is extremely difficult. I end up crunching it between and cut out time from here and there.

Pavit: Yes. Yes, I do.

Vickey: I tried many times to have a good balance before, but it is quite difficult for me.

Aalokik: Hectic workload prevents me from doing so.

Komal: I have never been able to establish a balance due to my tight schedule.

QUESTION 12 [Gives us insight if this feature would be a good fit for users]

Do you think integrating training plans with ClusterFit is a good idea?

Nakul: I would say training plans are helpful for beginners because when you start if you don't know what you need to do. ClusterFit should provide training plans but not be pushy towards people who want to follow their own plans like some other applications do.

Pavit: For beginners, definitely.

Vickey: Yes, it would be helpful.

Aalokik: Yes, it would be better

Komal: Yes

QUESTION 13 [Gives us insight into the reach of the user and expanding the user base]

Would you recommend ClusterFit to your friends and family after you've listened to the idea.

Nakul: Definitely, I personally know people who will be interested in having their data in one place and knowing more about what they could work on. It would optimize their performance.

Pavit: Yes, if they're trying to get fit, then of course.

Vickey: Yes, yes, sure. If your app has some more interesting features and is easy to manage, and I could easily understand how to use it, I recommend it.

Aalokik: Yes, sure I would recommend it.

Komal: Yes, sure.

QUESTION 14 [Gives us insight into what other features we could add]

If you had one thing you could add to a fitness app, what would that be?

Nakul: It would be better if ClusterFit was able to adapt to a person's needs. Many apps like HealthifyMe do not focus on specific body types. If I wanted to work on building a lean frame and I don't want to bulk up,

having the option to work towards that will pull me towards using the application more.

Pavit: It should have a good interface. A lot of applications these days have a very clunky UI.

Vickey: To provide tips relevant to the workout

Aalokik: The app should offer some tips and suggestions specific to the type of workout I am doing for maximum output.

Komal: The application should find a way to motivate you everyday.

INTERVIEW LINKS

Nakul:

https://drive.google.com/file/d/1dmRzeKIU7aBUcMZ_BM1MF-aMSclAxWv_/view?usp=sharing

Pavit:

<https://drive.google.com/file/d/14eml-0hXP3UnCj5mx1Z5YlorFx8Ry0JD/view>

Vickey:

<https://drive.google.com/file/d/13N4lzPlx566BsDhVnQAgeyZv-Z4fpgXQ/view?usp=drivesdk>

Aalokik:

https://drive.google.com/file/d/1Qwe-sZex_DdktYH9JGkMr5io0fc_5ikA/view?usp=sharing

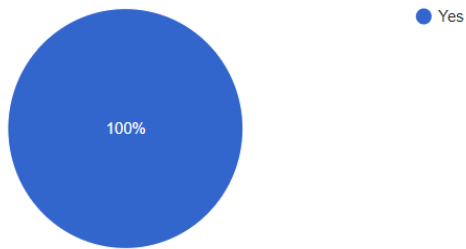
Komal:

<https://drive.google.com/file/d/1VjzCzTjwoYP3Td8D7ywHVt1912ToXUZV/view?usp=drivesdk>

SURVEY RESPONSES

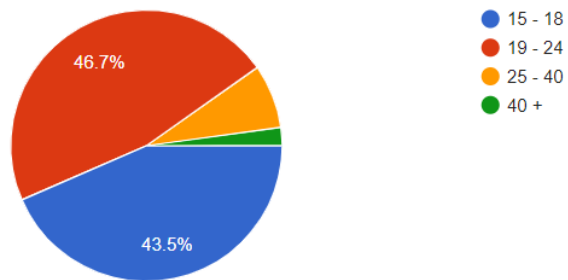
Do you consent to participate in this survey and allow us to use your responses for the development of our application?

92 responses



What age group do you belong to?

92 responses



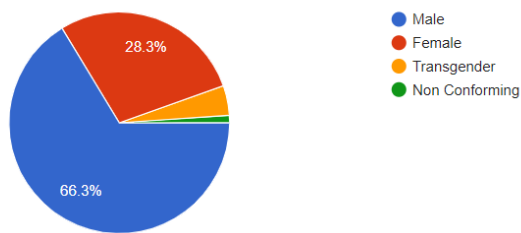
Enter your name:

92 responses

Nyasa
Hanoon
Digvijay
Devank
Dev Mittal
Ananya Goyal
Anon
Bob da
Harshvardhan Singh

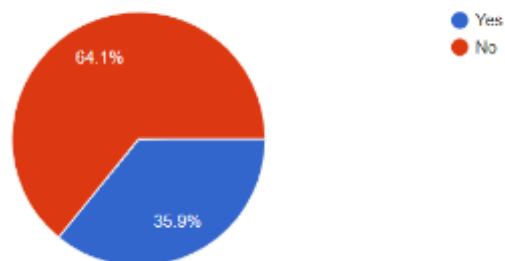
What do you identify as?

92 responses



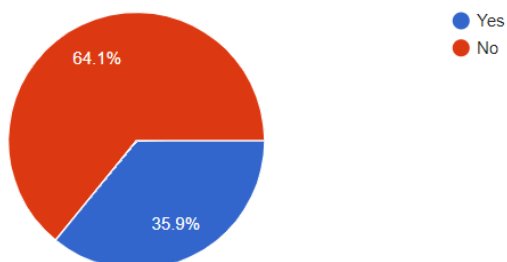
Do you use a fitness application connected to a smart device? (Apple Fitness+, Samsung Health/Samsung Gear etc)

92 responses



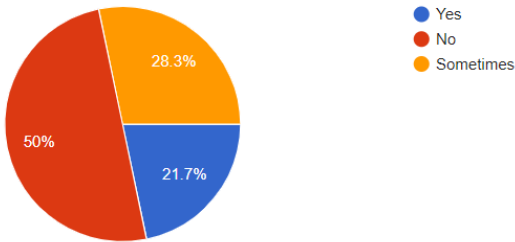
Do you find yourself using multiple fitness related applications (30 Days Fitness at Home, HealthifyMe, CalorieCounter, GoogleFit) along with the applications mentioned in the previous question?

92 responses



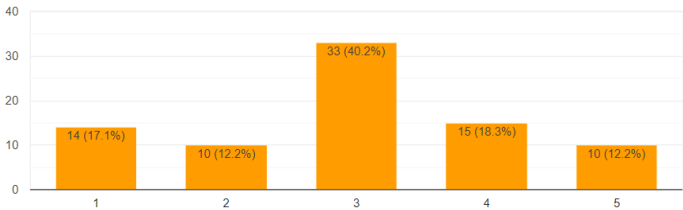
Do you use an app to plan your day?

92 responses



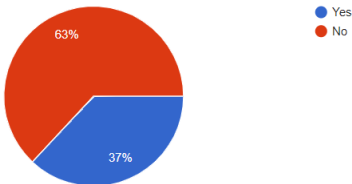
If you use multiple fitness apps to keep track of your performance; on a scale of 1 to 5 how easy is it for you to analyse the performance report with 5 being the easiest.

82 responses



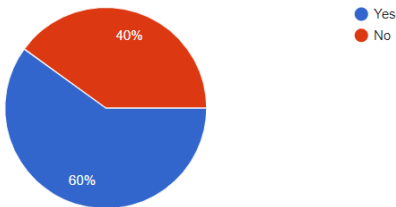
Do you use fitness applications on a regular basis?

92 responses



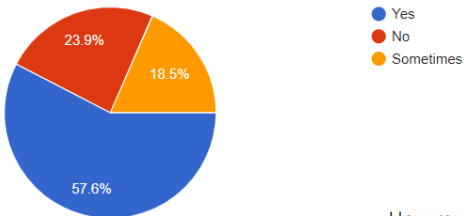
Does the fitness app you use require a working internet connection to function properly?

75 responses



Do you find yourself forgetting to work out when you have a tight schedule?

92 responses



How much time in a day do you spend exercising?

92 responses

